



MACHAKOS UNIVERSITY

University Examinations 2018/2019

SCHOOL OF HOSPITALITY AND TOURISM MANAGEMENT

DEPARTMENT OF HOSPITALITY MANAGEMENT

FIRST YEAR SECOND SEMESTER EXAMINATION FOR

CERTIFICATE IN FOOD AND BEVERAGE

FOOD SCIENCE AND NUTRITION

DATE: 18/4/2019

TIME: 8.30-11.30 AM

INSTRUCTIONS

Answer Question One in Section A And Any Other Two Questions In Section B

SECTION A. COMPULSORY

QUESTION ONE (30 MARKS)

- a) Define the following terms
 - i. Essential amino acids
 - ii. Micro nutrients
 - iii. Saturated fats
 - iv. PH scale
 - v. Alkanes (5 marks)
- b) Enumerate five importance of nutrition (5 marks)
- c) Name two classification of nutrients (2 marks)
- d) State three classification of carbohydrates (3 marks)
- e) State four importance of water in human health (4 marks)
- f) Outline the uses of food additives. (2 marks)
- g) Highlight three symptom of marasmus (3 marks)
- h) Enumerate two symptoms of dehydration (2 marks)

- i) List two methods of food preservation (2 marks)
- j) Outline the preventive measures of food poisoning (2 marks)

SECTION B

QUESTION TWO (20 MARKS)

- a) Differentiate between animal fats and plant fats (8 marks)
- b) Describe two properties of nutrients (12 marks)

QUESTION THREE. (20 MARKS)

- a) With aid of diagram draw structural formulae of three hydrocarbons alkanes, alkenes, alkynes (10 marks)
- b) Describe food pyramid as a guide in designing a healthy diet (10 marks)

QUESTION FOUR (20 MARKS)

- a) Explain the digestive system (alimentary canal) in human being (10 marks)
- b) Explain five advantages and disadvantages of food additives (10 marks)

QUESTION FIVE (20 MARKS)

- a) Describe management of HIV/AIDS (10 marks)
- b) Explain the factors affecting the growth of micro-organisms (10 marks)